



News from Provident Organic Farm



www.providentfarm.org

Season 4, Week 25

“dedicated to a safe, just, and sustainable food system”

November 14th-20th, 2005

Notes from the Heart

Autumn is my favorite season of the year. Many have argued that it is the precursor of winter, and therefore, a time of darkening. We have all lived long enough to realize that the crisp days of autumn and the cold, and sometimes harsh, days of winter all lead to the reawakening of our Earth's growing things in the spring. I look at autumn as an opportunity to gather in the house earlier. The days are shorter and cooler and we can retire to the warmth and security of our homes and our families. It is a time of soups and stews simmering on the stove and of pulling out that extra quilt for the bed. We are all acutely aware, however, that not everyone shares in these basic luxuries. Autumn is the time we reflect on all of those things that we are grateful for but also saddens us when we think of those who do without these basic things that we can, if we are not very careful, take for granted. Those of you who gather around Provident Farm and my farmer husband, Jay, exemplify to me the force that will ultimately ensure the continuation of the good and basic joys of life for all of us. For you all, I am very grateful.

Jay and I will have been married for twenty-five years on November 28th. It has been an interesting journey for us both. Jay has always had “vision” in the sense that he puts his thoughts and energies into those endeavors that he feels worthwhile and of importance to the world. This “vision”, however, would not have taken shape in the form of Provident Farm had it not been for the shared vision and support of all of its members. Not only have Jay and I been married for quite a few years, we are also feeling the effects of “getting on in years”. Neither of us has ever been a stranger to hard, physical work but we are accepting that with the accumulating years we must turn to more mental than physical

endeavors. Those of you who know me understand that my primary concern is the health and well being of my family. I have worried about the physical stress put on Jay this past year. I also worried that Provident Farm could not continue because of the physical toll it was taking on Jay. My worries were put to rest on the Sunday afternoon that many of you came to the farm for the 2:00 meeting. As I looked out at all of you sharing ideas and concerns I was heartened and truly believed that, as Margaret Mead once wrote, “Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has.” You gathered not only around Jay and Provident Farm but you joined your own visions and hopes together to create a force that will make this world a better place.

I am very grateful for all of you. I share in your dreams and visions. My job of teaching has taken me away from the “hands-on” experiences of Provident Farm but I have shared in those in the past. I have always supported Jay and his desire to improve life, not only for his own immediate family, but also for a much larger family. His vision is clear and uncorrupted and, combined with the visions and hopes of all of you, will create a better world for all of us.

As I enjoy this season that I love so much I will be hoping for peace and well being for all of you, the members of Provident Organic Farm.

Thank you.

Onward, Kathy

Please mark your calendars

CSA Potluck:

Saturday, November 19th, 1:00-5:00 pm

Westside Community Center, Texas Road, Bivalve

(Directions from Route 50: Go west on Nanticoke Road (Rt. 349) about 17 miles to Bivalve. Go past the fire station and take an immediate left onto Texas Road. Proceed about 1/4 mile to Bivalve Lodge Road, turn left. Westside Community Center is on the right.)

Next Steering Wheels Meeting:

December 4th, 3pm, Wicomico River Friends Meeting House,
corner of Glen Avenue and Carey Avenue, Salisbury (directions to follow)

Carrot Soup with Cilantro

Toasted fennel seeds perfectly complement sweet carrots, apples and sweet potatoes, while fresh lemon juice adds a nice tang in this brilliantly colored soup.

2 tbsp minced cilantro or parsley
1 tbsp vegetable oil
1/2 tsp fennel seeds
1 apple, peeled, cored and diced
1 1/2 lb carrots, sliced
1/2 lb sweet potatoes or yams, peeled and cubed
2 tbsp white or brown basmati rice or regular long-grain rice
1/4 tsp turmeric or curry powder
5 1/2 c vegetable stock or water
1 bay leaf
- salt, pepper and lemon juice to taste

In large pot, heat oil over medium heat. Add fennel seeds and toast until darkened, about 2 to 3 minutes. Add apple, carrots and sweet potatoes and cook for 5 minutes, stirring occasionally. Add rice, turmeric, stock and bay leaf. Bring to a boil, reduce heat, cover and simmer until rice and vegetables are tender, about 30 minutes.

Drain vegetables and reserve broth. Discard bay leaf. Transfer vegetables and small amounts of reserved broth in batches to food processor and purée until smooth. Return puréed soup and any remaining reserved broth to soup pot. Simmer until heated through, about 5 minutes. Season with salt, pepper and lemon juice.

To serve, ladle soup into bowls and sprinkle with cilantro.

Serves 6.

From *Vegetarian Times*, December 1998.

OPEN HOUSE

CSA members are invited to a special open house at Golden Quarter Farm, outside of Berlin, on Saturday afternoon December 3rd. The event, hosted by CSA members Sandra Frazier and Stevik, will include a display and sale of international handcrafts, Fair Trade chocolate and coffee, and specially crafted natural holiday decorations from Golden Quarter Farm. It will also feature music by Katari, a Latin American trio headed by CSA member Marco Hernandez. A portion of the profits will benefit the Medora Harvest Fund.

For more details, contact Stevik at yostevik@yahoo.com or 410-629-1786.

Curried Chickpeas and Sweet Potatoes

1 1/2 lb sweet potatoes, peeled and diced
1 tbsp olive oil
1 large onion, diced
1 tbsp fresh ginger, minced
3 cloves garlic, minced
2 scallions (white and light green parts), chopped
2 large red bell peppers, diced (2 cups)
1 tsp salt
2 tbsp curry powder
2 (15-oz) cans chickpeas
1 tbsp cider vinegar
1/3 c chopped fresh cilantro


In large saucepan fitted with steamer basket, bring 2 inches water to a boil over high heat. Add sweet potatoes, cover and steam until tender, about 10 minutes. Set aside and keep warm until needed.

In large, heavy pot, heat oil over medium heat. Add onion, ginger, garlic, scallions, red peppers, 1/2 teaspoon salt and curry powder. Stir, cover and cook 3 to 5 minutes. Stir in chickpeas (with liquid) and simmer, uncovered, 5 minutes.

Add vinegar and remaining 1/2 teaspoon salt. Stir in sweet potatoes. Over low heat, gently stir mixture about 2 minutes to allow sweet potatoes to release some of their starch. Be careful not to break them up completely. Add cilantro and stir to blend. Serve hot.

Serves 6.

From *Vegetarian Times*, December 2000.



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More recipes from the first three years of Provident Organic Farm CSA may be found on our website:

www.providentfarm.org

Recipes are indexed by individual vegetable.

Comments & Contributions

We welcome your comments and contributions, including recipes! Please send to ubuubok@comcast.net or Provident Organic Farm CSA, PO Box 62, Bivalve, MD 21814.